

Read Your Client & Develop Your Intuition

Intake 1:

11th-12th Feb & 11th-12th March

Intake 2:

17th-18th June & 22nd-23rd July

2011

If you've ever felt lost for words, anxious, spent hours ruminating over clients issues, worried you've not pushed far enough, pushed too hard, then you'll be well qualified to train with The Open Mind Therapist on this intensive Integrative Psychotherapy and Counselling Skills Course. Successful completion qualifies participants to membership with the National Council of Psychotherapists.

Adding
Integrative
Psychotherapy
and
Counselling
Skills to
practicing
Therapists

Open Mind Mission Statement

Our aim at the Open Mind Therapist is to offer psychological underpinning and insight to hypnotherapists already in practice.

We strongly believe that a therapist's own personal development directly relates to how insightful one can be with clients, and as such a large element of Open Mind's training involves personal development through the medium of the study of integrative counselling and psychotherapy skills.

As its owner and director of studies, I am committed to bringing the highest quality of training to students and am likewise committed to my own personal development. As a practising Buddhist, I recognise that this is a lifelong commitment to self improvement.

Open Mind is an expanding insight based philosophy that I am sharing with international partners and as I share, so is Open Mind's philosophy extending its remit. Our online programme features a number of leading thinkers in the world of hypnotherapy/psychotherapy. We pride ourselves on a clear, insightful and simplistic way of conceiving of the human condition that reaches beyond techniques and protocols.

Open Mind's past students have extended and intensified their practices of hypnotherapy with the learning and insight that Open Mind has provided. Here are just some of their comments:

"I learned to sit comfortably with a client and work with them in the 'here and now'. As my confidence with this working method grew, my preparation reduced, actually allowing me to take on more clients, rather than reduce them! I have learned to listen with both of my ears and to 'listen' with both of my eyes. I have recommended Open Mind to other therapists, and will continue to do so. You will become a better, more relaxed, more confident and more successful therapist as a result – have no doubt." Mark Reader, Integrative Hypno- Psychotherapist

"Since developing my skills with Jenny, I feel much more confident in my ability to really get to grips with the problems presented which means I am helping clients at a much deeper level generally. I sometimes now spend sessions 'just talking' with sometimes little or no hypnosis. I never would have been able to do this before. I no longer carry my clients' problems, but rather more feel free to help them to help themselves". Lisa Skeffington, Integrative Hypno-Psychotherapist

"I ...have benefitted in so many ways I never expected. I learned several useful models and how they fit with real people but more than that, I've discovered lots about myself and what I bring to the therapeutic relationship. This course and supervision from Jenny has helped to iron out many niggling issues I had with how to handle clients, and how to interpret my own feelings in relation to them. I feel much stronger now and more confident when dealing with a range of issues – my focus has sharpened on the interactions between us and the clues this gives me about how my clients operate in their own lives. I would recommend this course to anyone who wants to feel more comfortable in the therapist's chair." Catherine Blackwood, Hypnotherapist

Join me. Explore your mind and become an intuitive therapist!

Welcome to Open Mind Therapist

“when you devote your life to achieving your goal, you will not be bothered by shallow criticism” Ikeda

The courses that are offered by the Open Mind Therapist have been fully validated by an external accrediting body and as such are nationally and internationally recognised.



This course has been accredited by the National Council of Psychotherapists Est. 1971 (NCP) and, as this course is *only available* to qualified therapists, the National Council of Psychotherapists (NCP) has agreed that completion of the course will allow you to apply for Licentiate Membership.



The General Hypnotherapy Register accepts The Open Mind Therapist courses as evidence of Continuing Professional Development.

Open Mind's Educational Aims

1. Develop an understanding of the functions of the human personality in aspects: physical, intellectual, emotional and spiritual. Taking into account the clients age, sex, cultural background, lifestyle and religion, sexual orientation, occupation, relationships, childhood and nutrition.
2. Encourage a creative and integrative approach to talking therapies and hypnotherapy for the benefit of the client's health and wellbeing.
3. To develop and recognise intuitive skills based on knowledge and experience.
4. To acknowledge the relationship between the client and the therapist and to encourage the development of listening skills.
5. To ensure that qualified practitioners will undergo regular supervision and therapy as required as part of their responsibility towards their clients.
6. To develop an expectation of ongoing therapist personal development for the benefit of clients.

Who is invited to train on the Read Your Client course?

This intensive course in integrative psychotherapy and counselling skills is specifically designed for hypnotherapists already in practice who are feeling a need to work at a much deeper level with their clients.

In particular I invite Hypnotherapists who are experiencing any of the following in their practice:

- Feeling tongue tied: 'don't-know-what-to-do' feeling
- Fear of failure, fear of judgement
- Don't know how far to push a client
- Anxious that client isn't responding near end of course of sessions be it 6 or 12
- Feeling restricted by hypnotherapy scripts but not knowing how else to do it
- Feeling of exhaustion after sessions
- Dread a particularly difficult client
- Your supervisor is as stumped as you and can't help with your confidence
- Feeling too sympathetic to clients: over-identifying with their problems
- Don't know how to challenge clients and maintain a relationship with them
- Attended so many technique based courses and still you feel unconfident
- Can't imagine having more than half a dozen clients a week.

The Open Mind Therapist approach is very searching. It requires students to commit to a course of study that will develop them as more confident and rounded therapists and will equip them to see into the lives of their clients, beyond the symptoms and the presenting issues, to where the issue may have started: without hypnosis.

How will I benefit from this course?

The Open Mind Therapist **Read Your Client** course will show you how to:

- Read your clients deeper issues without hypnosis
- Build a relationship with practically all of your clients which is deeply personal and yet still professional
- Will show you how to sit with a new consciousness that is more peaceful while in sessions
- How to use your performance doubts therapeutically
- How to be authentic in the therapists chair
- To confront challenging issues in your client with calm and compassion
- How to work with children and families therapeutically
- How to use a range of models integratively, including art, for the benefit of your clients
- How to deal with difficult clients
- How to get your client to take responsibility for their recovery process
- How to use an interactive form of hypnotherapy to improvise in hypnosis
- How to be resourceful and ditch your scripts!

What does the course entail?

There are elements of face to face training, case studies, home study, reflective practice recording and supervision, the successful completion of which entitles the student to membership of the **National Council of Psychotherapists**. The Open Mind Therapist recognises that practising therapists are occupied running their business so the intensity and part time nature of this course caters to those who can commit to studying alongside their current practice.

Study Programme:

Weekend 1 Areas of Study	Gerard Egan's – Counselling skills: theory and practice Donald Winnicott: theory and practice Transference and Countertransference in practice Using transference therapeutically Hypnotic intervention: Demonstration and practice of Guided Affective Imagery and Psycho Imaginative Therapy Case Study guidance : reflective practice guidance. Triangle of Insight : self awareness practice Models of therapy: Using Buddhist principles to look beyond symptom management Working with couples.
Home Study:	Thorough study of course notes, handouts and any reference material referred to.
Supervision:	Membership of online forum: 2 x 1 hr monthly teleseminars – audio recordings accessible in members area, articles, access to advice and guidance in real time through chat facility, and through a closed forum run by The Open Mind Therapist
Case studies (Assessed):	6 Case studies to be completed by the start of the second weekend
Reflective Practice (Assessed):	Weekly diary of personal learning throughout the training period: approximately 5 months.
Post training supervision:	Inclusive 2 sessions mentoring membership: 4 Hour CPD/supervision meeting with fellow integrative therapists where practice is supported and extended by myself as course director and guest speakers.

Weekend 2 Areas of Study	Feedback from weekend 1. Sharing of practice. Eric Berne: Games people play. Theory and practice. Art therapy: Who are we inside and out? Self awareness work: movement and touch EMDR: Chasing irrational beliefs. Hypnotic Intervention: Conference room and parts therapy How to improvise in hypnotherapy How to expose an inner conflict: careful questioning in counselling Working with families.
Home Study:	Thorough study of course notes, handouts and any reference material referred to.
Supervision:	Membership of online forum: 2 x 1 hr monthly teleseminars – audio recordings accessible in website members area, articles, access to advice and guidance in real time through chat facility, and through a closed forum run by The Open Mind Therapist
Case studies (Assessed):	6 Case studies to be completed within 4 weeks from the end of the second weekend.
Reflective Practice (Assessed):	Weekly diary of personal learning throughout the training period: approximately 5 months.
Post training supervision:	Inclusive 2 sessions mentoring membership: 4 Hour CPD/supervision meeting with fellow integrative therapists where practice is supported and extended by myself as course director and guest speakers.

Course Ethos

Training weekends are generally a Friday and Saturday and start from 10am till 6pm. Students are encouraged to bring food to share and the lunch break is an integral part of the course so as to promote cooperation and sharing. Where possible, students are encouraged to meet or talk between the 2 course dates. This is intended to benefit students by the exchange of information in regard to practice and previous knowledge.

Certificate

The course is certificated and provides graduates with the necessary qualification to become members of the **National Council of Psychotherapists** and is awarded at the end of the full course of study, including the post training supervision.

Online element

The Online element of the course reflects an increasing use of the internet for training purposes and is accessible through www.theopenmindtherapist.com. Students can enrol through the site and submit their application forms and investment online. Once submitted, they receive 3 months inclusive membership to the online programme, training resources and mentoring meetings (2 meetings at 6 weekly intervals) to support their professional development and practice. At the end of the period students have an option to continue receiving ongoing professional development through their online subscription at the investment outlined below. See table above for description of the elements of the online programme.

Expected Outcomes

Client focussed work:

The ability to take the emphasis off your performance and more on your client's needs will result from learning more about yourself and by being able to separate your anxieties from your clients. You will learn to focus on what your client needs, be less restricted by what you have been told is professional protocol, and work much more honestly. With the Open Mind Therapist you can learn to use what fits in with your clients and what suits their particular modality. AND you can still observe all your professional ethics whilst becoming a much more humane and engaging therapist.

Deeper confidence

Your clients are only human. They are not from mars! Realising, as you will from studying the Read Your Client Course, that we are all generally motivated by a limited number of inner conflicts, which on the surface present as hugely different issues, will mean you can develop a far deeper confidence. Identifying fast what is going on for your client will negate the need for scripts and much anxiety and preparation. Working much more comfortably in the here and now, your clients will respond to your authenticity and your ability to truly hear what is happening at a level beyond the grasp of their cognitive processes.

Pace your clients style

Careful listening and hearing what clients are not only saying but also not saying will mean you can adapt your style to suit their personality. That means that not all your clients will respond to the touchy feely approach just as not all your clients will respond to the crisp, professional approach. Learning to Read your Client and develop your intuition will ensure that you are working ever more within the clients' framework and therefore, reaching your clients in a way that is meaningful to them.

Investment

The total cost of the course is £890 which can be paid in 2 instalments: £445 to be received before weekend one and the remaining £445 before the start of weekend 2. Payment details may be found online at www.theopenmindtherapist.com or you can fill in the attached application form and mail your payment to address to the right:

Alternatively, you can pay by BACS:
please email me for bank details on
info@openmindtherapy.co.uk

The Open Mind Therapist 56 Ash Grove Great Dunmow Essex CM6 1QY

Your Trainer - Jenny Lynn

A former secondary school teacher, Jenny has used her training and teaching skills to deliver integrative style courses since around 2003.

“It was a while before I realised that some of the things I did weren’t ‘common practice’ – and yet my clients achieved breakthroughs and successes regardless of their presenting issues as a result of the way I practise,” she says.



Build Your
confidence
Training course
February 2009

Her success in particular with the mystery illness, Chronic Fatigue Syndrome or commonly, M.E. spurred her on to develop a training course to share with colleagues.

However it soon became clear that, while her professional colleagues were often well qualified in therapy techniques, there was something missing. “Most of them were quite anxious about the therapy they delivered and they didn’t seem to have confidence in their own intuition,” observes Jenny.

Not being one to let the grass grow under her feet, Jenny did some more research and came up with a range of integrative style courses that would provide a solution. Since then Jenny has worked with her professional colleagues helping them to be more successful therapists.

“It’s not about techniques; most hypnotherapists are all ‘techniqued-out’ – it’s about learning to use natural intuition and self-knowledge to open the doors to our clients’ recoveries. All I provide is a platform to re-discover what remains hidden from the conscious mind of the therapist.”

Drawing from her own integrative background and from her Buddhist practice of 27 years, Jenny now feels compelled to raise the bar on the field of Hypnotherapy, offering an opportunity to work in a much more honest and naturally confident way making Hypnotherapists all round practitioners.

This is what her past students say about her style and what they have learned:

*“ Having seen your presentation at the APHP Conference (Oct 2006) you had alot to live up to, and there was a part of me that wondered whether it could get any better than that. Well, it did, and I would absolutely recommend this course to anyone wanting not only to work with ME/CFS, but also anyone wanting to round off their learning and gain more insight into working with clients generally!” **JH, Hypnotherapist, Surrey.***

*“I am just dropping a line to say what a great training weekend that was. I have to say that your knowledge and enthusiasm for the subject was infectious and along with your excellent engaging teaching style, it made for an outstanding event!” **AW, Clinical Psychologist, Cardiff.***

*“Fun, thought-provoking, sometimes intense, wide ranging. I enjoyed Jenny’s wide experience of client work, her gentle and lively style, the practical exercises and the detailed information. I would definitely recommend this course.” **MS, Mediator and Therapist, London.***

*“If you are interested in working with CFS/ME – go on this course. If you are not interested in working with CFS/ME – go on this course. I experienced a large stepping stone to greater self confidence, belief and greater success” **MR, Hypnotherapist, Crawley.***

Jenny Lynn

Courses and Presentations

Course: Integrative psychotherapy/counselling and hypnotherapy skills developed in 2003 for ME/CFS in a course of study entitled 'Unlocking the mysteries of Chronic Fatigue Syndrome' and repeated over 6 years. Validated by GHR.

Course: The Integrative Approach: for extended learning of Hypnotherapists supplementing with psychotherapy and counselling skills. 2007 and 2008.

Course: Build your Confidence as a Hypnotherapist. Spring 2009.

5 years part time clinic at Local GP's surgery: John Tasker House, Great Dunmow

Presentation: Isolation and stigma in the National Health Mental Health Service: TURN: The Uttlesford Rural Network. Sponsored by MIND and Saffron Walden CMHT. March 2004

Presentation: Unlocking the Mysteries of Chronic Fatigue Syndrome: APHP annual conference. October 2006

Presentation: Unlocking the Mysteries of Chronic Fatigue Syndrome: Hypnotherapy Association September 2008

Presentation: Unlocking the Mysteries of Chronic Fatigue Syndrome: Hypnosummit. Online presentation. September 2009

Presentation: Read Your Client, using counselling/psychotherapy skills to develop intuition: Hypnosummit. Online presentation. March 2010

Ongoing short courses since 2002 in Assertiveness and confidence building, self awareness, anger management, and self hypnosis to Mental Health Patients (Bridges to Education charity) and for general open access.

Managing Your Difficult Clients: Resolution Law: CPD for family lawyers.

Open Mind support group for those afflicted with ME/CFS. 5 years between 2003 and 2008.

Publications

Unlocking the Mysteries of Chronic Fatigue Syndrome Course Manual, audio and video. Available online at www.openmindtherapy.co.uk/cfsmanual.html

The Open Mind Guide to dealing with your Anxiety: available online at www.theopenmindguide.com

Read Your Client: a brief synopsis of working integratively with counselling and psychotherapy skills available FREE online at www.readyourclient.com.

Articles

See www.hypnotherapistsupervision.com for professional articles.

Professional Memberships

Individual Member of BACP: "As a member of BACP I am bound by BACP's 'Ethical Framework for Good Practice in Counselling and Psychotherapy'

LNCP: Licentiate member of National Council of Psychotherapists and approved supervisor.

MHA: Member of Hypnotherapy Association

GHR(Reg): Registered member of the General Hypnotherapy Register

MAPHP: Member of Association of Professional Hypnotherapists and Psychotherapists and approved supervisor

Venues and Dates 2010-2011

Bishops Stortford – Pearse House

RYCF01

Pearse House
Parsonage Lane
CM23 5BQ

Read Your Client

Foundation Diploma in Integrative Psychotherapy and Counselling Skills

Weekend 1

29th – 30th October 2010

Weekend 2

26th – 27th November 2010

10am till 6pm both days

Qualification period ends 26th February 2011

Bishops Stortford – Pearse House

RYCF02

Pearse House
Parsonage Lane
CM23 5BQ

Read Your Client

Foundation Diploma in Integrative Psychotherapy and Counselling Skills

Weekend 1

11th – 12th February 2011

Weekend 2

11th – 12th March 2011

10am till 6pm both days

Qualification period ends 11th June 2011

Bishops Stortford – Pearse House

RYCF03

Pearse House
Parsonage Lane
CM23 5BQ

Read Your Client

Foundation Diploma in Integrative Psychotherapy and Counselling Skills

Weekend 1

17th – 18th June 2011

Weekend 2

22nd – 23rd July 2011

10am till 6pm both days

Qualification period ends 15th October 2011